

Wellness Day 2014

Being based at headquarters may not be ideal if you are an outdoors enthusiast. However, it sure has its perks too! We found that out once again when Discovery consultants were allowed to come in for our annual wellness check, right in the comfort of our offices. The Discovery staff of health professionals conducted an all-round consultation, which was accompanied by a warm counselling session. Questionnaires were handed out as a means of communication to safeguard each member's privacy and once that was done, tests to monitor one's cholesterol, HIV status and glucose levels were conducted in an office tucked away from all for comfort purposes. All checks were completely voluntary – including the check for one's BMI (Body Mass Index is an established measure utilized by physicians and health experts to determine weight status; i.e. underweight, overweight or within a healthy weight range).

The "Healthy Living" questionnaires meant we were given the opportunity to seek assistance and advice should we be interested. We were impressed to find that we did not need an appointment nor to leave the office to have our eyes tested! "We look forward to learning more about a healthier lifestyle and hope Discovery being here will point us all in the right direction;" Mbuyelo's Head of Human Resources, Beauty Nyandeni announced, in welcome to all who braved the checks. Discovery was permitted to come through and conduct check-ups for keen Mbuyelo members as way of showing that Mbuyelo cares for its people and puts their health above anything else. We look forward to a long and vigorous life ahead. Thank you Discovery, and thank you Mbuyelo!